

Prova 36
19-02-2017

Femin., 200m Livres

Absoluto
Resultados

Rec Nac Adaptada Classe S1	59:00.00	start				
Rec Nac Adaptada Classe S2	59:00.00	start				
Rec Nac Adaptada Classe S3	59:00.00	start				
Rec Nac Adaptada Classe S4	59:00.00	start				
Rec Nac Adaptada Classe S5	6:41.63	Teresa Raquel BARBOSA	FCP	Santa Maria da Feira		22-01-2017
Rec Nac Adaptada Classe S10	2:34.47	Teresa Lamego NEVES	SCP	Lisboa		19-05-2013
Rec Nac Adaptada Classe S14	2:51.05	Sonia Castanheiro RESENDE	SCA	Santa Maria da Feira		22-01-2017
Rec Nac Adaptada Classe S15	2:38.70	Eunice Evora ALMEIDA	CNA	Lisboa		21-06-2015
Rec Nac Adaptada Classe S21	3:27.39	Diana Ines TORRES	POR	Loano (ITA)		09-11-2015

Minimos CE DSISO : 3:18.90

Pontos: IPC NED S14

Lugar Nome do nadador Ano Classes Cod Exc Clube Tempo final IPC Pts

Classe S1-S14-Absolutos

1. Diana Vieira SIMOES	98	S14		Sporting de Aveiro	3:15.71	260
25m: 21.38 21.38	75m: 1:09.39 24.36	125m: 2:00.47 25.39	175m: 2:50.72 24.82			
50m: 45.03 23.65	100m: 1:35.08 25.69	150m: 2:25.90 25.43	200m: 3:15.71 24.99			
2. Susana Raquel GOUVEIA	89	S14		ADADA Porto	3:19.56	246
25m: 22.00 22.00	75m: 1:10.80 24.81	125m: 2:02.29 25.66	175m: 2:54.78 25.96			
50m: 45.99 23.99	100m: 1:36.63 25.83	150m: 2:28.82 26.53	200m: 3:19.56 24.78			
3. Ana Filipa CARVALHO	88	S14		Sporting	3:55.12	150
25m: 24.57 24.57	75m: 1:21.99 28.91	125m: 2:23.69 29.93	175m: 3:24.47 29.14			
50m: 53.08 28.51	100m: 1:53.76 31.77	150m: 2:55.33 31.64	200m: 3:55.12 30.65			
4. Beatriz Braga ALVES	00	S5	A 12	Feira Viva	5:38.80	115
Rec Nac Classe S5						
25m: 37.30 37.30	75m: 2:03.50 42.72	125m: 3:30.09 42.14	175m: 4:57.08 42.37			
50m: 1:20.78 43.48	100m: 2:47.95 44.45	150m: 4:14.71 44.62	200m: 5:38.80 41.72			
5. Paula Maria TINO	70	S14		Feira Viva	4:19.20	112
25m: 25.27 25.27	75m: 1:26.59 32.52	125m: 2:37.19 36.53	175m: 3:44.43 33.86			
50m: 54.07 28.80	100m: 2:00.66 34.07	150m: 3:10.57 33.38	200m: 4:19.20 34.77			
6. Beatriz Moreira ALMEIDA	04	S14		ADADA Porto	4:23.16	107
25m: 27.15 27.15	100m: 2:02.23 1:04.95	175m: 3:50.18 37.84				
50m: 57.28 30.13	150m: 3:12.34 1:10.11	200m: 4:23.16 32.98				
7. Raquel Rocilio MONTEIRO	98	S14		Feira Viva	4:35.47	93
25m: 30.13 30.13	75m: 1:36.32 32.31	125m: 2:47.89 34.86	175m: 3:59.85 35.15			
50m: 1:04.01 33.88	100m: 2:13.03 36.71	150m: 3:24.70 36.81	200m: 4:35.47 35.62			
8. Teresa Raquel BARBOSA	90	S5	A 6,12+	Porto	6:12.71	86
25m: 40.13 40.13	75m: 2:13.85 47.93	125m: 3:51.95 46.62	175m: 5:26.89 45.57			
50m: 1:25.92 45.79	100m: 3:05.33 51.48	150m: 4:41.32 49.37	200m: 6:12.71 45.82			

Classe S5-Seniores

1. Beatriz Braga ALVES	00	S5	A 12	Feira Viva	5:38.80	115
Rec Nac Classe S5						
25m: 37.30 37.30	75m: 2:03.50 42.72	125m: 3:30.09 42.14	175m: 4:57.08 42.37			
50m: 1:20.78 43.48	100m: 2:47.95 44.45	150m: 4:14.71 44.62	200m: 5:38.80 41.72			

Prova 36, Femin., 200m Livres, Classe S5-Seniores

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	IPC	Pts
2.	Teresa Raquel BARBOSA	90	S5	A 6,12+		Porto	6:12.71	86	
	25m: 40.13 40.13	75m: 2:13.85	47.93	125m: 3:51.95	46.62	175m: 5:26.89	45.57		
	50m: 1:25.92 45.79	100m: 3:05.33	51.48	150m: 4:41.32	49.37	200m: 6:12.71	45.82		

Classe S14-Esperanças

1.	Beatriz Moreira ALMEIDA	04	S14			ADADA Porto	4:23.16	107	
	25m: 27.15 27.15	100m: 2:02.23	1:04.95	175m: 3:50.18	37.84				
	50m: 57.28 30.13	150m: 3:12.34	1:10.11	200m: 4:23.16	32.98				

Classe S14-Seniores

1.	Diana Vieira SIMOES	98	S14			Sporting de Aveiro	3:15.71	260	
	25m: 21.38 21.38	75m: 1:09.39	24.36	125m: 2:00.47	25.39	175m: 2:50.72	24.82		
	50m: 45.03 23.65	100m: 1:35.08	25.69	150m: 2:25.90	25.43	200m: 3:15.71	24.99		
2.	Susana Raquel GOUVEIA	89	S14			ADADA Porto	3:19.56	246	
	25m: 22.00 22.00	75m: 1:10.80	24.81	125m: 2:02.29	25.66	175m: 2:54.78	25.96		
	50m: 45.99 23.99	100m: 1:36.63	25.83	150m: 2:28.82	26.53	200m: 3:19.56	24.78		
3.	Ana Filipa CARVALHO	88	S14			Sporting	3:55.12	150	
	25m: 24.57 24.57	75m: 1:21.99	28.91	125m: 2:23.69	29.93	175m: 3:24.47	29.14		
	50m: 53.08 28.51	100m: 1:53.76	31.77	150m: 2:55.33	31.64	200m: 3:55.12	30.65		
4.	Paula Maria TINO	70	S14			Feira Viva	4:19.20	112	
	25m: 25.27 25.27	75m: 1:26.59	32.52	125m: 2:37.19	36.53	175m: 3:44.43	33.86		
	50m: 54.07 28.80	100m: 2:00.66	34.07	150m: 3:10.57	33.38	200m: 4:19.20	34.77		
5.	Raquel Rocilio MONTEIRO	98	S14			Feira Viva	4:35.47	93	
	25m: 30.13 30.13	75m: 1:36.32	32.31	125m: 2:47.89	34.86	175m: 3:59.85	35.15		
	50m: 1:04.01 33.88	100m: 2:13.03	36.71	150m: 3:24.70	36.81	200m: 4:35.47	35.62		

Classe S21 (SDown)-Absolutos

1.	Adriana Godinho REIS	95	S21			Feira Viva	3:55.08	111	
	25m: 26.30 26.30	75m: 1:26.19	30.74	125m: 2:27.68	31.38	175m: 3:29.67	30.54		
	50m: 55.45 29.15	100m: 1:56.30	30.11	150m: 2:59.13	31.45	200m: 3:55.08	25.41		
2.	Carina Barbosa MOREIRA	81	S21			Propaganda da Natacao	4:18.18	84	
	25m: 28.28 28.28	75m: 1:31.36	30.94	125m: 2:39.73	33.22	175m: 3:46.04	30.57		
	50m: 1:00.42 32.14	100m: 2:06.51	35.15	150m: 3:15.47	35.74	200m: 4:18.18	32.14		
3.	Barbara Ines GOMES	91	S21			APC Coimbra	4:33.36	71	
	25m: 30.27 30.27	75m: 1:37.58	35.02	125m: 2:48.55	36.02	175m: 3:58.40	35.08		
	50m: 1:02.56 32.29	100m: 2:12.53	34.95	150m: 3:23.32	34.77	200m: 4:33.36	34.96		
4.	Vera Alexandra REVEZ	89	S21			Louletano / Loule Concelho	4:54.08	57	
	25m: 31.72 31.72	75m: 1:44.17	38.20	125m: 3:00.43	39.03	175m: 4:17.08	39.36		
	50m: 1:05.97 34.25	100m: 2:21.40	37.23	150m: 3:37.72	37.29	200m: 4:54.08	37.00		

Prova 36, Femin., 200m Livres

Classe S21 (SDown)-Seniores

1. Adriana Godinho REIS	95	S21	Feira Viva	3:55.08	111
25m: 26.30 26.30	75m: 1:26.19 30.74	125m: 2:27.68 31.38	175m: 3:29.67 30.54		
50m: 55.45 29.15	100m: 1:56.30 30.11	150m: 2:59.13 31.45	200m: 3:55.08 25.41		
2. Carina Barbosa MOREIRA	81	S21	Propaganda da Natacao	4:18.18	84
25m: 28.28 28.28	75m: 1:31.36 30.94	125m: 2:39.73 33.22	175m: 3:46.04 30.57		
50m: 1:00.42 32.14	100m: 2:06.51 35.15	150m: 3:15.47 35.74	200m: 4:18.18 32.14		
3. Barbara Ines GOMES	91	S21	APC Coimbra	4:33.36	71
25m: 30.27 30.27	75m: 1:37.58 35.02	125m: 2:48.55 36.02	175m: 3:58.40 35.08		
50m: 1:02.56 32.29	100m: 2:12.53 34.95	150m: 3:23.32 34.77	200m: 4:33.36 34.96		
4. Vera Alexandra REVEZ	89	S21	Louletano / Loule Concelho	4:54.08	57
25m: 31.72 31.72	75m: 1:44.17 38.20	125m: 3:00.43 39.03	175m: 4:17.08 39.36		
50m: 1:05.97 34.25	100m: 2:21.40 37.23	150m: 3:37.72 37.29	200m: 4:54.08 37.00		